## Patient record and treatment plan

This table is designed to help providers document the ‘agreed-on’ plan that can be filed in a patient’s chart and referred to during subsequent visits to follow up and continue discussion.

| Date       | Pain (BPI score for 3 domains, 0-10) | Function (BPI score, 0-10) | General activity (BPI score, 0-10) | Mood (PHQ-9 depression score, 0-20 or higher; GAD-7 anxiety score, 0-21) | Physical activity (e.g. yoga, Tai chi, aqua therapy, pilates, physical activity) | Frequency | Duration | Self-management / psychological therapy (e.g. self-management program, CBT, MBI) | Frequency | Duration | Non-opioid medications | Regimen | Adverse reactions | Adherence | Opioid medications | Dosing | Adverse effects (A/E) | Adherence | Aberrant behaviours | Monitor & follow-up (e.g. include notes on time frame for follow-up and issues to discuss at next visit) |
|------------|------------------------------------|-----------------------------|------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------|----------|---------------------------------------------------------------------------------|----------|----------|---------------------|---------|---------------------|----------|---------------------|---------|---------------------|---------------------|
| Nov 8, 2016 | 8                                  | 7                           | 5 daily walks, ~5mins               | 6                                                                               | Activity: Yoga Frequency: weekly Duration: 1hr                                | Therapy: n/a Frequency: n/a Duration: n/a | Naproxen: Dosing: 220mg, twice daily A/E: none Adherence: patient takes medication daily | Dosing: n/a Adherence: n/a Aberrant Behaviours: n/a | Follow up in 3-4 weeks |
|            |                                    |                             |                                    |                                                                                 |                                                                                |                       |                       |                                                                                 |                       |                       |                     |                     |                     |
|            |                                    |                             |                                    |                                                                                 |                                                                                |                       |                       |                                                                                 |                       |                       |                     |                     |                     |
|            |                                    |                             |                                    |                                                                                 |                                                                                |                       |                       |                                                                                 |                       |                       |                     |                     |                     |

### Referral
- ☐ Specialist
- ☐ Multi-disciplinary clinic
- ☐ Interventional procedure

### Medications trialled

### Notes/comments

### Notes